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July 9, 2007

TO: Department Heads

FROM: Jonathan E. Fielding, M.D., M.P.H. *J. Fielding*
Director and Health Officer

SUBJECT: **LOS ANGELES COUNTY FOOD POLICY**

This is to announce the arrival of new, healthier food options at most County worksites. Beginning August 15, at least 25 percent of all foods and beverages in most County-contracted vending machines will be healthier—containing less fat, sodium, and sugar, and fewer calories.

These changes are in accordance with the new Los Angeles County Food Policy. As part of its commitment to providing a healthy workplace environment for all County employees, the County Board of Supervisors unanimously approved the Food Policy in August 2006. The Food Policy supports healthy eating by offering County employees healthier choices at vending machines and at County-sponsored meetings, and by encouraging the sale of healthier items at workplace-based charitable fundraisers. The Food Policy campaign, *Smart Snackers*, gives employees the tools to snack healthier. Employees excited about promoting the campaign in their workplace may become Site Champions; materials for becoming involved will be available the end of July at the *Smart Snackers* website, at www.lapublichealth.org/place.

Smart Snackers vending machines will be easily identifiable with a *Smart Snackers* logo; *Smart Snackers* apple stickers placed next to individual food and beverage items will indicate which products meet Food Policy nutrition guidelines. Nutrition guidelines, as well as a list of foods and beverages that meet guidelines, can be viewed at the *Smart Snackers* website.

The Food Policy also provides nutrition guidelines for food served at County-sponsored meetings. Compliance with the nutrition guidelines for County-sponsored meetings is only mandatory if food is purchased with County funds. However, the *Smart Snackers* website provides excellent resources for making any meeting or event healthier, should County employees choose to do so. In addition, the Food Policy encourages County employees to sell healthier food items or non-food items for workplace charitable fundraising efforts (see website for healthy fundraising ideas).

Smart Snackers is not about restricting what County employees eat; its goal is to give employees choices. All employees will still be able to find their favorite snacks at vending machines. There will simply be more options for healthy eating. For any questions, concerns, or suggestions, please contact Louisa Franco at (213) 351-7828 or Gayle Haberman at (213) 351-7843.

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c: Each Supervisor
Chief Executive Officer